



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Substance Abuse and Mental Health

DELAWARE'S PREVENTION NEWSLETTER JANUARY, 2016

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Grant Writing Training at the Embassy Suites

On December 15, 2015 George Krupanski ,President of Dynamic Management Associates, a management consultant group for non-profit agencies, providing training and consulting to dozens of groups, led 30 individuals in the first part of a three part series of Grant Writing. He urged those writing grants to "Never think you need to apologize for asking someone to give to a worthy cause...." (John D. Rockefeller). Asking for monies allows corporations to join you in making a difference and become a proud contributor to a solid program. The workshop objectives are to: understand key principles, facts and terminology in fund raising; review the critical elements of proposals and grants; understand what donors expect; discuss strategies related to securing funds and share success and challenges. If anyone is interested in registering the for the next two sessions, please email: chevonne.boyd@state.de.us as soon as possible as space is limited.



**Cultural Competency
Training for the Helping Professional**

On December 16, 2015 Keith Hunt, Managing Director of Human Capital Solutions, Inc. emphasized that the principles of cultural competency are models of exemplary professional behavior. It is the prevention professional's responsibility to the public, to service recipients and to colleagues within and outside of their professional field. The words integrity and respect were used often during the training. Discussions centered around treating those they service with the utmost respect regardless of their ethnicity or cultural background and how to be sensitive to a person's cultural beliefs and way of life. The training was held at the Embassy Suites and gave those attending the opportunity and time to reflect on the importance of cultural competency in their respective fields. The topics ranged from professional boundaries to cultural understanding. This one day workshop assisted participants in developing the skills necessary in adapting to diversity and understanding the connection between cultural competency, quality improvement and the reduction/elimination of racial/ethnic disparities. The attendees left with a better grasp of how to better deal with their own bias and do away with the list of prejudice and stereotypical mindsets and thoughts.



“DOING THE RIGHT THING EVEN WHEN NO ONE IS LOOKING!”

Keith Hunt held an “Ethics Training for the Prevention Specialist: Good Decision Making in Real Time” at the Embassy Suites in Newark Delaware on Monday December 21, 2015. After an all day training, participants were able to describe and explain fundamental knowledge of prevention ethics codes of conduct. They discussed ethical decision making and its application to situations in prevention work. They were able to understand the meaning of stereotyping and its impact on day to day interactions. The participants left with knowing the different between prejudice, discrimination and understanding the personal accountability and consequences of sound ethical decision making. Mr. Hunt will be conducting more trainings in the future. Please stay tune for future trainings. PreventionThinktank.com for more information.

Interested in becoming a Certified Prevention Specialist? Read on.....

If you are interested in obtaining your certification in prevention to become a Certified Prevention Specialist please log on to www.delawarecertificationboard.org and click on to certifications and then on Prevention. You will find an application to complete and other resources to assist you in getting prepared to take the test. If you have any other questions, please contact: the Division of Substance Abuse & Mental Health/Evelyn Figueroa, Certified Prevention Specialist at

Evelyn.Figueroa@state.de.us.

CONNECTING FAITH BASE ORGANIZATIONS WITH PREVENTION



DSAMH's Certified Prevention Specialist, Evelyn Figueroa, Pamela Louie and Chris Miller from the Division of Prevention & Behavior Health (DPBHS) attended a Youth Ministry Open house at Elizabeth Seton Church in Bear, Delaware on October 26, 2015. Youth Coordinator Mary Holmburg invited DPBHS and DSAMH to set up a table displaying prevention materials in an effort to engage the youth in the risk of using drugs and alcohol. Over 100 youth separated by grade levels participated in the evening event. DPBHS provided the youth with Red Ribbons (to celebrate Red Ribbon Week) water bottles, bags, books, give ways, etc. The two Divisions have collaborated to reach their strategic plan goal of involving faith base organizations with prevention. Other Faith Base groups that have joined the prevention efforts are: Resurrection Center, ThroughtheWord and Victory Church. In 2015, as part of a collaborative effort, the Faith Base Organizations were provided with Prevention Tool Kits for their youth programs funded by the State Prevention Framework—State Incentive Grant. (SPF-SIG).



PREVENTION PROVIDER UPDATES

The Latin American Community Center

Prevention Promoters Program

CHRISTMAS AT LONGWOOD



The LACC Prevention Promoters Program held its annual Longwood Gardens trip on December 17, 2015. The trip provides the prevention staff the opportunity to reward the Prevention Promoters graduates and to demonstrate ways of enjoying family time in a sober way. Thirty Seven individuals attended the event this year along with Prevention staff.

RED RIBBON WEEK



Red Ribbon Week: LACC staff participated in National Red Ribbon Week in October. Staff and program participants committed to being drug-free and wore red for "Wear Red Wednesday." Staff and prevention promoters participants signed a pledge and donned red ribbons to show their commitment to a drug-free community. Nationally in October, Red Ribbon are worn as a symbol of intolerance towards the use of drugs.

THE LACC ENCOURAGES YOU TO

PARTICIPATE IN THEIR ART CONTEST!

ArtAddiction is a unique art contest which invites participants 18 and older to explore addiction and recovery through artistic expression. Prevention Promoters developed the addiction art project because of its pivotal role in the education and prevention of substance abuse. Participants express themselves through a variety of mediums including painting (all techniques), drawing, photography, graphic design, and collage.

Contact Laura Adarve for more information: Ladarve@thelatincenter.org or 302-655-7338 ext. 7728.



PREVENTION PROVIDER UPDATES

Brandywine Counseling and Community Services AOD

Program hosted a Prevention Eve

Summit at the Christiana Hilton



PICK A REASON THIS YEAR

Brandywine Counseling and Community Services AOD Program hosted a Prevention Eve Summit on December 30, 2015 at The Christiana Hilton Hotel in Newark Delaware. The picture above is one of the alternative activities that the individuals participated in. It was a collective effort demonstrating what prevention meant to each of them. The evening included interactive Prevention activities, creating a Public Service Announcement and Prevention Messaging videos. This year's theme was P.A.R.T.Y. (Pick A Reason This Year) to encourage staying drug and alcohol free and responsible drinking." Over 80 individuals from the community participated in this event.



Fetal Alcohol Spectrum Disorder Task Force of Delaware

DELAWARE HEALTH OFFICIALS SUPPORT 'NO ALCOHOL DURING PREGNANCY' REPORT

DOVER, DE (Nov. 17, 2015) - How much alcohol is safe to drink when you're expecting? None. Zero. Not a drop. That's according to a report just published in the November issue of the American Academy of Pediatrics' (AAP) Pediatrics magazine. The report identifies prenatal alcohol exposure as the leading cause of preventable birth defects and neurodevelopmental disabilities.

Drinking during pregnancy greatly increases the chances that the baby will develop a fetal alcohol spectrum disorder (FASD). Signs and symptoms of the various FASDs range from mild to severe and include a combination of physical, emotional, behavioral, and learning problems. Prenatal alcohol exposure is a frequent cause of structural or functional effects on the brain, heart, bones and spine, kidneys, vision and hearing. It's also associated with a higher incidence of attention-deficit/hyperactivity disorder and specific learning disabilities such as difficulties with mathematics and language, information processing, memory, and problem solving.

"We wholeheartedly support the AAP's announcement regarding no alcohol use during pregnancy," said Dr. Karyl Rattay, Director of the Division of Public Health (DPH). "The only sure way to prevent FASDs is to completely avoid alcohol use while pregnant. This also applies to women who are trying to conceive. Damage from prenatal alcohol exposure can occur even during the earliest weeks of pregnancy, even before a woman realizes she's pregnant."

"It is vital for those of us in the pediatric community to deliver this very important message," said Dr. Catherine Zorc, President of the Delaware Chapter of the American Academy of Pediatrics. "We appreciate this clear guidance to help us correct misunderstandings about the risks of alcohol use during pregnancy and to educate on the importance of abstaining from alcohol use during this critical time in their child's development."

Some physicians have advised pregnant women that it may be acceptable to consume limited quantities of alcohol during their third trimester. However the AAP report disputes that logic. First-trimester drinking, compared to no drinking, results in 12 times the odds of giving birth to a child with FASDs. First- and second-trimester drinking increased FASDs odds 61 times, and women who drink during all trimesters were 65 more likely to have children who would develop an FASD.

"Alcoholism can make it much more difficult for a pregnant woman to quit drinking altogether," said Michael Barbieri, Director of the Division of Substance Abuse and Mental Health (DSAMH). "Many women may be able to cease casual drinking easily but we must remember that alcohol addiction is still very real and very difficult to overcome. DSAMH is working closely with providers to increase the amount of addiction treatment services, including to pregnant women."

The Department of Health and Social Services has begun a pregnancy and addiction project led by the Secretary's office, DPH, DSAMH and the newly re-formed FASD Task Force. DHSS and the Task Force are currently reviewing available education, diagnosis, and treatment services for reproductive age women with the goal of increasing women and medical provider awareness of the dangers of alcohol and drugs during a pregnancy, and developing additional information on identifying FASD symptoms early in infants and young children. Neurocognitive and behavioral problems from prenatal alcohol exposure are lifelong, but early recognition, diagnosis and therapy for any FASD condition can improve a child's long term prospects and overall health. For more information on FASD, please call (302) 255-9466.



Prevention News

According to an article in the “Partnership for Drug Free Kids,” dated January 5, 2016 the Join together Staff wrote:

The rate of alcohol-induced deaths has increased 37 percent since 2002, reaching 30,700 U.S. deaths in 2014, The Washington Post reports.

The alcohol death rate is the highest in 35 years, the newspaper notes. Alcohol-induced deaths included those from alcohol poisoning and cirrhosis. There were 9.6 deaths from alcohol-induced causes per 100,000 people in 2014.

These deaths do not include those from drunk driving, other accidents and homicides committed under the influence of alcohol. If those deaths were included, the yearly toll of deaths directly or indirectly caused by alcohol would reach almost 90,000 according to the Centers for Disease Control and Prevention.

In 2014, more people died from alcohol-induced causes than from overdoses of prescription painkillers and heroin combined (28,647), the article notes.

The Substance Abuse and Mental Health Services Administration found the number of American adults who drink at least monthly increased from 54.9 percent in 2002 to 56.9 percent in 2014. The increase was greatest in women. The percentage of woman who said they drink monthly or more increased from 47.9 percent in 2002 to 51.9 percent in 2014. The rate of women who reported binge drinking (having five or more drinks on at least one occasion) rose from 15.7 percent to 17.4 percent during the same period.

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Division of Substance

Abuse and Mental Health

Substance Abuse Prevention

Vision

Safe and Healthy Delawareans

Mission

Partnering to reduce substance abuse and related
problem behaviors by strengthening children, families
and communities through prevention and early
intervention training, education and services.

